

The Inaugural Asia-Pacific Conference on Women's Mental Health

PROGRAM OUTLINE

WEDNESDAY 11 OCTOBER	
18:30 - 22:00	Welcome Reception - Alto Room, The Langham Hotel
THURSDAY 12 OCTOBER	
Time	Session 1: Menopause MC: Ms Shelly Horton Chair: Professor Jayashri Kulkarni (HCA)
08:45	Official Welcome to Country
09:00	Ms Shelly Horton, Conference MC Welcome, Introductions and lived experience presentation
09:05	Professor Jayashri Kulkarni AM, HER Centre Australia Women's Mental Health - 'Where are we now? It's time for action' and Introduction of Assistant Minister
09:15	The Hon Ged Kearney MP, Assistant Minister for Health and Aged Care Conference Opening Address
09:35	Dr Karen Magraith, Past-President of the Australian Menopause Society An Overview of Menopause
09:50	Dr Louise Newson, Newson Health Ltd, UK 'Female hormones and mental health – Why is this important?'
10:30 - 10:50	Morning Tea - Served in the Pre-Function Area, The Langham Hotel
Time	Session 2: Menopause MC: Ms Shelly Horton Chair: Dr Alexandria Simpson (HCA)
10:50	Associate Professor Bronwyn Stuckey AM, Endocrinologist, WA. Presentation TBC
11:05	Dr Louise Newson, Newson Health Ltd, UK Prevalence and nature of negative mood symptoms in perimenopause and menopause
11:20	Dr Sarah White, Jean Hailes for Women's Health Why Women's Health?
11:30 - 12:20	Multidisciplinary Panel Discussion on Menopause Chair: Professor Jayashri Kulkarni AM, Panellists: Dr Louise Newson, A/Prof Caroline Gurvich, Dr Sarah White, Dr Karen Magraith, A/Prof Bronwyn Stuckey AM, Ms Shelly Horton

The Langham, Melbourne
11-13 October 2023

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THURSDAY 12 OCTOBER			
Time	Session 3: Menopause MC: Ms Shelly Horton Chair: Associate Professor Caroline Gurchich (HCA)		
12:20	Dr Rebecca Lewis, Newson Health Ltd UK Impact of menopausal symptoms on the working lives of women: a survey of NHS employees in the UK		
12:35	Dr Catherine Dong, Alice Lee Centre for Nursing Studies Impact of COVID-19 on Health of Menopausal Women: A Scoping Review		
12:50	Ms Grace Molloy, Menopause Friendly Australia Is menopause a psychosocial hazard at work? Presentation involving lived experience		
13:05 - 14:00	Lunch & Poster Display - Served in the Pre-Function Area, The Langham Hotel Bee Williamson, Lived Experience video presentation , 'When you live with schizophrenia, you can't believe everything you hear'		
<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:50%; background-color: #e6f2e6;"> Breakout 1: Menopause (The Ballroom) Chair: Dr Genevieve D'Mello (HCA) </td> <td style="width:50%; background-color: #ffe0b2;"> Breakout 2: Menopause (The Yarra Room) Chair: Dr Jess Chiodo-Reidy (HCA) </td> </tr> </table>		Breakout 1: Menopause (The Ballroom) Chair: Dr Genevieve D'Mello (HCA)	Breakout 2: Menopause (The Yarra Room) Chair: Dr Jess Chiodo-Reidy (HCA)
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14:00	Dr Louise Newson & Dr Rebecca Lewis, Newson Health UK All in the balance: using a digital app to track menopause symptoms, educate and empower women to take charge		
14:30	Associate Professor Erin Morton, Flinders University A VITAL lived experience leading to a novel interventional platform for women's mental health		
14:45	Associate Professor Caroline Gurchich, HER Centre Australia. Cognition during menopause		
15:00	Ms Kirstin Bouse, All About Her- The Centre for Menopause All About Her: Psychological Support for Self-actualisation Through Menopause		
15:15	Ms Niki Bezzant, Author and Journalist Positive ageing: reframing midlife, menopause and beyond from a lived experience		
15:30 - 15:50	Afternoon Tea - Served in the Pre-Function Area, The Langham Hotel		

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THURSDAY 12 OCTOBER		
Breakout 3: cPTSD & Trauma (The Ballroom) Chair: Dr James Tranter (HCA)		Breakout 4: cPTSD & Trauma (The Yarra Room) Chair: Dr Lizzie Thomas (HCA)
15:50	Ms Phillipa Thomas, Victorian Department of Health	
16:00	Panel Discussion - Women-Only Units in Mental Health Chair: Professor Jayashri Kulkarni AM Panellists: Ms Anna Gould, Ms Maria Bradshaw, Dr Jenny Babb, Ms Sharon Sherwood, Dr Karishma Kulkarni, Dr Lyndall White	
16:30	Dr Eveline Mu, HER Centre Australia Memantine - A New Treatment for Borderline Personality Disorder	Ms Felitciana Zsha, Neuro Vitality Ltd Pty Trauma-informed Interventions, prevention for women impacted by the justice system from lived experience
16:45	Dr Victoria Jackson, Monash Alfred Psychiatry Research Centre Women in prison: Insights from the Inside	Ms Zoe Francis, Womens Health in the South East Gendered Violence and Suicidality: Prevention Not Cure
17:00	Dr Alexandria Simpson & Dr Genevieve D'Mello, Alfred Health Evaluating Perceived Safety of Consumers Identifying as Female in Single-Sex Versus Mixed Gender Inpatient Psychiatric Facilities (The Women's Safety Project)	Mr Luka Ritter, La Trobe University Working Occupationally with Women in Secure Settings - Guidelines and An 8-Week Group Program Designed for Occupational Therapists Addressing Women-Specific Needs in Forensic Mental Health
17:15	Dr Karishma Kulkarni, Claire Cashman, Dr Sneha Varghese, Dr Chloe Kindred, Western Health. Providing recovery-oriented and trauma-informed care in a subacute women's residential setting: unique perspectives and challenges	Professor Deborah Loxton, University of Newcastle Violence against women, a lifetime of mental health issues?
17:30	Dr Sara Eraly, Dr Jodie Thomas, Dr Anisha Landge Western Inpatient Psychiatric Unit- Western Health Preliminary reflections from a Publicly funded Women-Only Acute Inpatient Mental Health Unit in Melbourne	Dr Giang Tran and Delaram Ansari, Multicultural Centre for Women's Health Migrant and refugee women's experiences of mental health and wellbeing
19:00 - 22:00	Conference Dinner - Longsong; above Longrain Restaurant, 44 Little Bourke St, Melbourne VIC 3000	

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DAY TWO

FRIDAY 13 OCTOBER		
Time	Session 1: Perinatal Mental Health (The Ballroom)	Chair: Professor Jayashri Kuklarni AM (HCA)
08:30	Acknowledgement of Country	
08:35	Professor Jayashri Kulkarni AM, HER Centre Australia Welcome and Introduction to Dr Prabha Chandra	
08:40	Dr Prabha Chandra, Senior Professor of Psychiatry at the National Institute of Mental Health and Neurosciences (NIMHANS). Perinatal anxiety disorders - Common, but not often Recognised or Treated	
	Session 2: Perinatal Mental Health (The Ballroom)	Chair: Dr Astha Tomar, President-Elect (RANZCP)
09:35	Professor Rachel Hill, Monash University Maternal and infant outcomes following maternal exposure to SARS-CoV-2 during pregnancy in an Australian cohort	
09:50	Dr Tegan Hartmann, Charles Sturt University Pregnancy loss and psychological morbidity: The potential role for exercise to support the physical and mental wellbeing of previously expectant women	
10:05	Dr Susanne Schweitzer, University of New South Wales & University of Cambridge The impact of COVID-19-related stress on peripartum maternal mental health during COVID-19	
10:20 - 10:40	Morning Tea - Served in the Pre-Function Area, The Langham Hotel	

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FRIDAY 13 OCTOBER	
Time	Session 3: Premenstrual Dysphoric Disorder (The Ballroom) Chair: Dr Eveline Mu (HCA)
10:40	A/Prof Tory Eisenlohr-Moul, University of Illinois Chicago (virtual presentation) Independent effects of acute estradiol or progesterone on perimenstrual changes in suicidal ideation and progesterone metabolites: A crossover randomized controlled trial
11:05	Dr Elizabeth Thomas, HER Centre Australia Theta Burst Transcranial Magnetic Stimulation to Treat Premenstrual Dysphoric Disorder – An Open Label Pilot Study
11:20	Dr Michelle Oppert, University of South Australia From Woe to Woah! A Journey of Diagnosis and Treatment of PMDD
	Session 4: Eating Disorders (The Ballroom) Chair: Dr Eva Gregertsen (HCA)
11:35	Professor Tracey Wade, Flinders University Single Session Interventions in Eating Disorders: Are they useful?
11:50	Dr Leo Chen, HER Centre Australia Treating Anorexia Nervosa with Transcranial Magnetic Stimulation Applied to an Individualised Brain Target Functionally Connected to a Causal Network
12:05	Dr Tracy Barbour, Ana Maria Rivas-Grajales, Michael Kritzer-Cheren, Massachusetts General Hospital The Effect of Sex Hormones on TMS Measures of Cortical Excitability: A Literature Review
12:20	Ms Helen Searle & Ms Leanne Javen, Alfred Mental and Addiction Health-Statewide Womens Health Service, and Dr Romi Goldschlager, HER Centre Australia Disempowering the bully- a nuanced statewide approach to care of women experiencing eating disorders
12:35	Panel Discussion: Chaired by Dr Claire Foldi. Panelists: Dr Robyn Brown, Dr Kristi Griffiths, Dr Trevor Steward, Australian Eating Disorders Research & Translation Centre Using neuroscience to inform the development of novel treatments for eating disorders
13:05 - 14:00	Lunch & Poster Display - Served in the Pre-Function Area, The Langham Hotel Bee Williamson, Lived Experience video presentation, 'When you live with schizophrenia, you can't believe everything you hear'

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FRIDAY 13 OCTOBER			
Breakout 1: Women's Mental Health (The Ballroom) Chair: Mr Anthony de Castella (HCA)		Breakout 2: Women's Mental Health (The Yarra) Chair: Professor Jayashri Kulkarni AM (HCA)	
14:00	Mr Richard Wraith, Amber's White Light Women's Mental Health: A Lived Experience	Symposium: Ms Jessica Woodward & Ms Yasmin Shah, Monash Health Panellists: Prof Jayashri Kulkarni AM, A/Prof Caroline Gurchich, Dr Leo Chen, Dr Alexandria Simpson, Dr Genevieve D'Mello, Ms Sharon Sherwood Exploring the Relationship between Mania with psychosis and Hormones, involving lived experience	
14:10	Mr Patrick Russell, Royal Adelaide Hospital The Lily Registry, a clinical quality registry for medically unstable people with eating disorders		
Breakout 3: Digital Innovation (The Ballroom) Chair: Dr Lizzie Thomas (HCA)		Breakout 4: Women's Mental Health (The Yarra) Chair: Dr Nadya Lazareva (HCA)	
14:30	Dr Roisin McNaney, Pranita Shrestha, Ling Wu, Lin Sze Khoo, Dharshani Chandrasekara, Professor Patrick Olivier Action Lab- Monash University Digital Innovation and Co-Design in Women's Mental Health	Dr Sianan Healy and Ms Kate Johnston-Ataata Women's Health Victoria Towards Gender-Responsive Mental Health Care: A Desktop Review of Promising Practice from Prevention to Systems Design	
14:45		Mr Cory Paulson, First Nations Health Wellbeing and Service Development 'First Nations Male Mental Health clinicians' accountabilities in working with women within the clinical and cultural spaces?	
15:05		Professor Melinda Jackson, Dr Sumedha Verma and Dr Linda Schachter, Turner Institute for Brain and Mental Health, Monash University Sleeping well: The impact of sleep on mental health across the female lifespan	
15:30	Music Performance by Hush Foundation		
15:40 - 16:00	Afternoon Tea - Served in the Pre-Function Area, The Langham Hotel		
Breakout 5: Women's Mental Health (The Ballroom) Chair: Associate Professor Caroline Gurchich (HCA)		Breakout 6: Women's Mental Health (The Yarra) Chair: Ms Emmy Gavrilidis	
16:00	Ms Nat Bartsch, Hush Foundation Music Project	Ms Elen Nathan, Occupational Therapist Workshop: Building Connection and Wellbeing through LEGO® - using LEGO® to create safe and non-threatening spaces to explore ideas.	
16:15	Dr David Chapman, HER Centre Australia ADHD in Females		
16:30	Ms Donnette Rushworth, The Big Issue The positive mental health impacts of work on marginalised women		
16:45	Conference Closes		

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